

We hope that you have found this brochure helpful. Please do not hesitate to contact your health care team if you have any questions, comments, or suggestions regarding your care within the treatment suite.

*"As scared as I was beginning treatment, the nurses, clinical assistants, pharmacists, social workers, volunteers and support staff went out of their way to help me feel at ease. At least I thought they were going out of their way but, as I observed their behaviour over the years, I realized that is just the way they are. They've become friends who are genuinely caring about me and all the patients with whom they interact. The place no longer holds fear for me. Instead, it is a place where I know I am not alone in working through my cancer. Nor will you be."*

- Frank

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## Patient and family guide to the treatment suite



Ben Rahn/A-Frame and Vermeulen/Hind Architects

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[www.grhosp.on.ca/cancerprogram](http://www.grhosp.on.ca/cancerprogram)

*"A most positive experience! The nurses (as was everyone really) were caring, encouraging, empathic, humorous, and sympathetic - everything one could hope for and more at a most difficult time."* - Ingrid

This brochure is intended to orient you to the chemotherapy treatment suite. We hope it provides you with some helpful information and tips to make your visits as comfortable as possible.

# The chemotherapy treatment suite

- Come to your chemotherapy appointment well hydrated. You should have 6 to 8 glasses or 1.5 to 2 L of fluid the day before your treatment. You can eat the day of your treatment, but smaller more frequent meals are suggested.
- The treatment suite is located on the fourth floor of the Grand River Regional Cancer Centre.
- When you enter, please sign-in and sit in the waiting area. A nurse will call you when he/she is ready for you.
- Please hang up your coat and leave your boots at the entrance to the suite. Please do not leave any valuables in this area!
- The suite has three main areas, called “pods”. The majority of patients will receive chemotherapy treatments in pod one, two or three.
- In the back of the suite is the supportive treatment area where some patients will receive treatments other than chemotherapy. This area is also equipped with TVs.
- Pods one and two provide outdoor views through wall-to-wall windows.
- Pod three is located at the back of the suite and TVs are available.
- There are also four private rooms located in the suite that are used under special circumstances. Most private rooms also have TVs available.
- An additional area is located on the main floor of the cancer centre in the radiation treatment area where patients may be treated on occasion.
- There are beds and reclining chairs available to you during your visit. We will do our best to accommodate wishes for seating.
- Warm blankets are also available. Please speak to any member of the team and they will direct you to where they are kept.
- Water, ice, apple and orange juice, ginger ale, coffee/tea, nutrition supplements such as Boost® and Ensure®, and crackers are complimentary and can be found near the entrance of the treatment suite. There is also a fridge available for your use.
- Tim Horton’s and a cafeteria are available in the main hospital, within a short walk from the suite.
- Washrooms are located within the suite for patients. Visitor washrooms are located down the hall from the suite.
- To help reduce the spread of infection, sanitize your hands before entering the suite and throughout your visit. Sanitizing and hand washing stations are located throughout the suite.



- Please complete an ESAS at least once per week (more often if there are any changes in your health).
- Bring all of your current medications with you to your first appointment and keep a list with you for subsequent appointments.
- Other ideas on what to bring:
  - Someone else (friend, family member). We must limit the number of visitor’s to one or two due to safety concerns.
  - Food/snacks. Please be mindful of odours.
  - Reading materials, laptops, e-book readers, music player (with headphones).
- The treatment suite is a fragrance-free zone. Please do not wear perfumes or colognes as others around you may have sensitivities.
- Please do not talk on your cell phone – it can be distracting for others.
- Wear comfortable, loose fitting clothing. It is easier for patients who have a portacath to wear a button down shirt, as opposed to a t-shirt or sweater. It is recommended that you dress in layers – you can always take a layer off!
- There are translation services (telephone) available. Please ask your nurse and she/he can set this up for you.



## Transportation / Parking

- You are encouraged to have someone drive you to your appointments, especially your first one. Your nurse can advise you after your first appointment if you can drive yourself.
- Rates - \$2 per half hour, \$10 daily maximum. Monthly passes are available for \$35.00. Please contact the cashier’s office (519-749-4300 ext. 2505) for more info.
- For those patients who have mobility challenges, there is a pass available for parking on the ground floor of the parking garage. Please contact the cashier’s office (see above) for more info.
- Canadian Cancer Society (CCS) volunteers are available to take you to and from treatments at no cost. Please call your local CCS office for more information (1-888-939-3333).

## Available to you

- GRH offers wireless connectivity for patients and visitors. Connect to the wireless network called ‘grh’ for instructions and fee information.
- TVs with almost 60 channels are available in some areas. Please bring headphones with you (small speakers are available; however, the volume level is limited).
- Two mini DVD players, with priority given to those who need to watch orientation DVDs.
- Music, CDs, books and magazines.
- Supportive care staff: physiotherapist, psychiatrist, registered dietitians, social workers, and spiritual care.
- Canadian Cancer Society, HopeSpring Cancer Support Centre, UW Well Fit.